



UT★PHYSICIANS

Non-Invasive Cardiovascular Laboratory

www.utcardiovascular.com



UTP- Medical Center
6410 Fannin, Suite 600
Houston, TX 77030
832-325-7099

UTP- Bellaire
6700 West Loop South, Suite 540
Bellaire, TX 77401
713-486-5175

Patient Handout
Stress Echocardiogram

Exam Date: _____

Time: _____ a.m. / p.m.

We ask that you read through this document to ensure that you will have the most successful visit possible. Please arrive about 15 minutes prior to your scheduled appointment time to fill out any necessary paperwork. We thank you for your assistance!

Please allow yourself about 2 hrs for the stress echocardiogram.

Parking:

UTP-Fannin: Please park next door in the UTP Parking Garage at 6414 Fannin. We will provide you with a voucher after your test so your parking will be free. When you arrive on the 6th floor, do not check in at the main desk. Please proceed to the right side of the unit once you see the main desk and around the corner to the Non-Invasive Area check-in window.

UTP-Bellaire: Please park in any of the free parking located west of the 610 Freeway and just behind the building as it faces 610. We are located on the 5th floor, Suite 540.

You are scheduled for a test called an exercise stress echocardiogram. This test will provide us with information about your ability to exercise on a treadmill, and will evaluate the squeezing function of your heart before and after exercise.

For the treadmill portion of the test, you will progress through a series of stages on the treadmill, each 3 minutes long, which increase in both speed and degree of elevation per stage. Your exercise stress technologist will coach you throughout the test and explain all aspects of the protocol.

For the echo portion of the test, this test is an imaging test that helps your doctor to evaluate your heart. The test involves the use of harmless sound waves or ultrasound to image your heart; it is safe and painless.

ALL CANCELLATIONS must be made 24 hrs in advance.
Please call 832-325-7099 for all cancellations and appointment times.

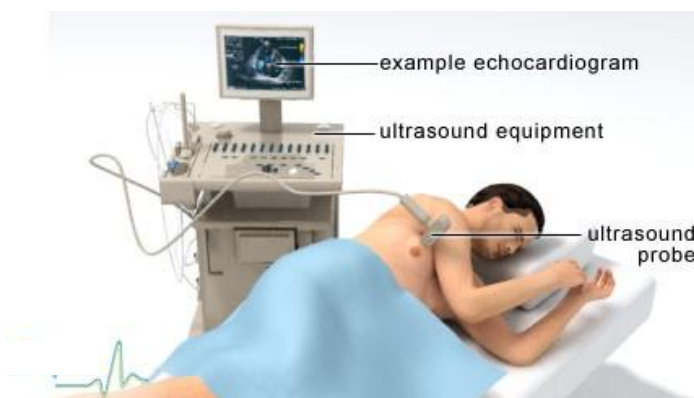
The procedure of the stress echo will be as follows:

Before your Stress Echo:

- Please discuss any questions or concerns you have with your physician.
- It is important that you do not eat or drink anything for 3-4 hours before the exam.
- However, please take any scheduled medications with sips of water, as instructed by your physician.
- If you are diabetic, please talk with your doctor about any insulin dose changes that may be needed due to food restriction on the day of the exam.
- Allow extra time for checking in.
- Wear clothing and shoes that are comfortable for exercising. It would be advisable to wear a two piece outfit for the test. You will be asked to remove clothing and jewelry from the waist up. You will be given a short hospital gown.
- You will be asked about your medical history including medications that you are taking. Please mention if you are on a beta-blocker. Mention any herbs or supplements that you are taking.
- Your exam will be explained to you and any questions or concerns will be addressed. You will then be asked to sign a consent form.
- You will be asked to lie down on your left side with your left arm above your head during the exam. If you feel this may be difficult, please let the sonographer know.

During Your Resting Echo:

- Small electrodes will be placed on your chest to monitor your heartbeat. You will then be hooked up to the ultrasound machine.
- A transducer coated with gel will be moved over your chest. This device creates the sound waves that make images of your heart.
- The air in your lungs can affect the quality of your images. So, at times, you may be asked to exhale and hold your breath for a few seconds.
- The transducer may also be used to do a Doppler study. This test measures the direction and speed of blood flowing through the heart. During the test, you may hear a “whooshing” sound. This is the sound of blood flowing through the heart.
- The images of your heart are stored on a computer and/or recorded on video. This allows your doctor to review your pictures later.
- There are some instances in which we may need to place an intravenous catheter (IV) in your arm vein in order to administer agents required to obtain the best possible pictures, or as indicated by your physician. If this becomes necessary, the procedure will be explained to you in more detail during your echocardiogram.



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During Your Stress Echo:

- Your chest will be scrubbed for better contact of the EKG patches and wires. You will then be hooked up to an EKG machine.
- You will begin exercising on the treadmill.
- During exercise, your heart rhythm will be monitored continuously.
- Your blood pressure will be checked every 2-3 minutes.
- The treadmill will become more difficult every 3 minutes (steeper and faster).
- The exercise portion of the test will continue until you become very tired and feel that you cannot exercise further. The longer you continue to exercise, the more information we can get from the test. You are therefore encouraged to continue exercising as long as you can. However, the physician and/or exercise technologist monitoring the test may stop you earlier if he/she detects anything to suggest that there may be a danger to you by continuing the exercise stress test.
- Once you reach the stopping point of the test, the treadmill will stop abruptly. As quickly as possible, you will then be assisted off of the treadmill and back to the echo bed in order to obtain the “after-exercise” pictures of your heart.
- While the pictures of your heart are being taken, you will be asked to adjust your breathing. Listen carefully to these instructions since these breathing maneuvers help assure that the pictures of your heart come out clearly, without interference from your lungs.
- You will then be allowed to rest until your heart rate and blood pressure return to normal.
- We can provide you with juice/snacks to help you recover.

After Your Stress Echo:

- Return to normal activity unless your healthcare provider tells you otherwise.
- Be sure to keep your follow-up appointments.

Your Test Results:

- The results of your stress echo will be sent to your physician. Your physician will discuss your test results with you during a future office visit. The test results help your physician plan your treatment and any other tests that are needed.

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